

Does Stress Affect Diabetes?

Staying cool under pressure is an important part of managing your blood sugar. Eating right and getting your body into motion every day are an important part of managing diabetes or losing weight. Something else that may be just as important is getting a handle on **stress**.



Here are three ways that stress can impact your diabetes

1. Stress hormones raise blood sugar
2. Stress contributes to insulin resistance
3. Stress leads to weight gain

Here's how to help keep it in check

Track your blood sugar AND your stress level Each time you check your glucose level, rate how stressed you feel at that moment.

- On a scale of 1 to 10, with 1 being less stress and 10 being more stress.
- Write the number down next to your reading.



0

Very
Happy



2

Happy



4

Sad



6

Upset



8

Hopeless



10

Overwhelmed

After two weeks, look at the numbers together to see how much your blood sugar swings in response to various levels of stress.

What can you do?

Practicing relaxation methods regularly will help lower your levels of stress hormones to reverse this trend. It should also help you stick to your eating and exercise goals. Learn to relax. There are a number of things you can do to lower the stress in your life and control your diabetes, such as:

- Be physically active 30 minutes or more each day.
- Get a hobby, join a club or try a new sport.
- Take a nap. Even a 10 minute nap can help.
- Go for a walk or Listen to music.
- Meditate or pray.
- Open up. Sharing your feelings with family and friends can often lower stress.

When you practice the art of relaxation, you can begin to see what your true priorities are--including taking care of your body.

Call your Patient Educator or the Disease Management nurse to help you set helpful goals to manage your stress.

We are here to help.

